

Idaho 7th Grade Direct Writing Assessment

P.S. 2

724

PE	STUDENTS DO NOT WRITE IN THIS AREA	
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Have you ever broken a bone in front of all of your friends? I have and it wasn't fun. It happened at one of my Irish dance classes. I was doing a group dance, called Step About, when I rolled out on my right foot. It happened because I was trying to turn out my back, or left, foot. My accident made my class ~~had~~ have to change this dance and several others because I wasn't able to be in them. My accident was hard on everyone.

While I was practicing, I rolled out on my right foot. All of my friends heard it pop. One would think that one would know ~~if~~ when one's own foot was broken. Unfortunately I didn't. All I knew at the time was I was in pain. My mom took me to the emergency room to get x-rays. I had never been to the emergency room or gotten x-rays before and I was scared. I was even more scared when they said that I had indeed broken my foot.

A couple of days after my accident I went to an orthopedist. He explained my break as a "dancer's fracture". This is a highly common fracture on the 5th metatarsal process. This means that it was on the far right of my foot, and I had broken off a

part of the bone. I was glad to hear I didn't need a cast but I was sad ^{that} I had to stay off of it for about 3 weeks. Fortunately, that time went by quickly and I was ^{able to start} walking.

Although I was the only one hurt, several others were effected. My friends at dance had to change dances to work without me. My family also had to sacrifice a lot of their effort into helping me. Also practically everyone had to slow down their pace, ~~the~~ while walking, to wait for me. Unfortunately, I wasn't the only one who was effected by my accident.

Breaking my foot this summer was a new experience for me. I had never broken a bone before, so I was a little scared but also a little excited. I was excited because I was able to learn a lot about my feet and proper care for them. I also became aware of the possibilities for injury in Irish dance. This summer was a different one to say the least.

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